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ABSTRACT

Daily misunderstandings between adults and children can create a host of stressful problems, from annoyance to abuse and violence. This book offers specific, concrete ways to communicate and problem solve effectively with kids. The book stresses two-way communication, helping children come to know their own thoughts and feelings so that they can understand the underlying causes of their problems and how to change their outlook. The book contains 10 chapters. Chapter 1 examines two approaches adults often use with children, authoritarian and rewarding, and why they often do not work. Chapter 2 addresses the statistics of abuse and violence in the United States and the need to consciously work with kids to break the spiral of increasing abuse and violence. Chapter 3 presents a specific, five-step method to problem solve with children, empowering them to discover their own answers with the adult as a guide and resource. Chapter 4 breaks down the five-step process into more specifics for application, such as identifying the problem, expressing feelings, and creating the future, and Chapter 5 presents five key communication skills, such as avoiding power struggles and letting go of preconceptions, to help adults stay calm and collected and to turn power struggles into communication breakthroughs. Chapter 6 addresses adults' personal needs and how they relate to children, and Chapter 7 puts together material from previous chapters in example transcriptions. Chapter 8 provides reference tips as guidance through the five-step process; Chapter 9 allows the reader to test the process. Finally, Chapter 10 takes the tools presented in the book and relates them to the "big picture" and improving society as a whole. Six appendices address stages of childhood development, developing a vocabulary for feelings, discovering different core beliefs, examples of "on" and "off" beliefs, achieving through visualization, and going deeper by using a five-step journal. Contains 16 references. (EV)

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